



Serves: 4

Asian Gazpacho

Ingredients

- Japanese cucumber, peeled and seeds removed: 400g
- Green grapes, seedless: 120g
- Green apple, peeled and seeds removed: 80g
- White bread 1 slice
- Olive oil 1 tsp
- White wine vinegar 1 tsp
- Tabasco ½ tsp
- Lemon juice ½ tsp
- Salt ½ tsp

Tips:

- Enjoy the edible skins of fruit and vegetables. They provide additional fibre and other nutrients
- Use unsaturated oils (such as sunflower oil, canola oil, olive oil) instead of saturated oils (such as ghee, butter, blended vegetable oil) to reduce your risk for heart disease
- Vegetables and fruits are rich in vitamins, fibre and phytochemicals (beneficial plant substances such as carotenoids and flavonoids) that help lower the risk for some cancers

Method

- In a food blender, process all ingredients (except the olive oil) into a fine puree
- Refrigerate for 2 hours or overnight
- Drizzle some olive oil

Nutrition Information (Per Serving):

Energy: 73kcal
Carbohydrate: 14.4g
Protein: 1.4g
Fat: 1.6g
Saturated fat: 0.3g
Cholesterol: 0mg
Dietary fibre: 1.5g
Sodium: 344mg